

"CPR"!!! PROMOTING "COOPERATION, PARTICIPTION AND RESPECT"IN PHYSICAL EDUCATION!!! - SHARE THE WEALTH

MELANIE CHAMPION- JANUARY 26, 2013

FRENZY! - THIS GAME IS ONE OF MY KID'S FAVORITES - ESPECIALLY MY SOCCER FANACTICS - IT INVOLVES SOME STRATEGY AND GOOD TEAMWORK AND LOTS OF MOVING!!! SPREAD OUT YOUR CLASS RANDOMLY OVER THE PLAYING AREA AND ROLL OUT ENOUGH TENNIS BALLS SO THERE IS ONE FOR EVERY PLAYER. THE OBJECT OF THE GAME IS TO KEEP THE TENNIS BALLS MOVING FOR AS LONG AS POSSIBLE - (I SET OUR SCORE CLOCK FOR RECORDS!) I PLACE JUDGES AT EACH CORNER OF THE GYM AND ALSO USE THEM TO KEEP THE BALLS FROM ROLLING IN THE CORNERS UNDER THE BLEACHERS - AND ANY TIME A BALL STOPS THE JUDGES YELL "BERSERK!" AND POINT TO THE BALL! THE PLAYERS HAVE 5 SECONDS TO GET THE BALL BACK MOVING. ONCE THE CLASS ACCOMULATES 5 "BERSERKS" THE "FRENZY" IS OVER. THE OBJECT IS TO SEE NOW LONG THE CLASS CAN MAKE THE "FRENZY" LAST. SWITCH JUDGES AND PLAY AGAIN AND BEAT YOUR TIME!! SET CLASS, GRADE AND SCHOOL RECORDS!!

VARIATIONS: WE CAN DIVIDE THE CLASS INTO TWO TEAMS AND PUT JERSEYS ON ONE TEAM AND MAKE IT A COMPETETION.

MAKE IT HARDER ON THE OLDER GRADE LEVELS AND HAVE THE JUDGES THROW IN ANOTHER TENNIS BALL EVERY 10 SECONDS!

THIS CAN ALSO BE PLAYED WITH BALLOONS INSTEAD OF TENNIS BALLS JUST KEEPING THE BALLOONS IN FLIGHT AND OFF THE FLOOR.

CROSSING THE GREAT DIVIDE- THIS IS A GREAT COOPERATION ACTIVITY THAT REALLY MAKES YOUR KIDS WORK TOGETHER TO BE SUCCESSFUL. WE ALWAYS START WITH SMALL GROUPS OF 5-6 DEPENDING ON THE GRADE LEVEL. THE OBJECT OF THE GAME IS TO GET YOUR GROUP ACROSS THE GREAT DIVIDE (AN AREA YOU SELECT - WE USUALLY DESIGNATE WITH LINES OR CONES- 25-30 FEET). TO DO SO ALL THE PLAYERS IN YOUR GROUP START BESIDE EACH OTHER, WITH THEIR FEET TOUCHING THE FEET OF THE PLAYERS NEXT TO THEM. THE TEAM MUST CROSS THE GREAT DIVIDE WITHOUT ANYONE'S FEET LOSING CONTACT WITH THE FEET OF THE PLAYERS NEXT TO THEM. ANYONE LOSING FOOT CONTACT WITH THEIR NEIGHBOR - AND THE ENTIRE TEAM MUST GO BACK TO THE STARTING LINE AND TRY AGAIN. IT SOUNDS EASY - BUT GIVE IT A TRY - IT IS CHALLENGING AND THEN ONCE THEY MAKE IT ADD TWO GROUPS TOGETHER UNTIL YOU EVENTUALLY HAVE THE WHOLE CLASS TRY!!!

VARIATION: WHILE SOME GROUPS WORK TOGETHER BETTER AND THAN OTHERS - IF SOME GROUPS GET THROUGH FASTER THAN OTHERS - HAVE THEM TRY TO GO BACKWARDS TO THE STARTING LINE!

TOM AND JERRY- THIS IS A GREAT TAG GAME THAT INVOLVES COOPERATION AND SOME THINKING AND STRATEGY!! IT ALSO DISGUISES WORKING ON UPPER BODY STRENGTH! DIVIDE THE CLASS INTO GROUPS OF THREE AND HAVE THEM LIE DOWN SIDE BY SIDE IN THEIR OWN SPACE. TO LET THEM GET THE HANG OF THE GAME, WE USUALLY START WITH JUST ONE TOM AND ONE JERRY - TOM IS IT CHASING JERRY AROUND THE GYM AND JERRY CHOOSES TO LIE DOWN

BESIDE ANY GROUP HE/SHE WANTS TO - WHEN THAT HAPPENS THE PERSON ON THE OPPOSITE SIDE OF THE THREE MUST JUMP UP AND RUN FROM TOM QUICKLY AND CHOOSE A NEW GROUP TO LIE DOWN BESIDE. IF TOM CATCHES JERRY THEN THE ROLLS SIMPLY REVERSE AND THE CHASING CONTINUES! ONCE THEY GET THE HANG OF IT WE CHOOSE SEVERAL TOM AND JERRYS TO BE RUNNING AT ONE TIME AND THE FUN BEGINS. THE ONLY MAJOR RULE IS YOU CAN NOT LAY DOWN AT THE GROUP OF THREE THAT YOU JUST GOT UP FROM - YOU MUST RUN TO ANOTHER GROUP. THIS GIVES THOSE TOMS A CHANCE TO CATCH THOSE SNEAKY MICE!! (IT IS SAD WHEN YOU HAVE TO EXPLAIN TO YOUR KIDS WHO TOM AND JERRY IS - SOME OF THEM HAVE NEVER EVEN SEEN THE CARTOON - SO YOU MAY HAVE TO COME UP WITH A DIFFERENT NAME!!)

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